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I started using the “r” word at a young age when all my friends and schoolmates introduced it to me. I never thought it had a negative connotation and used it as another word for “stupid.” It hit me now that I used it in front of a friend that had a mentally retarded brother. I think back to how it must have hurt her to see me, a friend, and strangers use that term so lightly without any thought of the after effects. People do not realize how the “r” word can hurt and offend so many people. It’s depressing to see that our society uses that word in everyday conversations, from the kid in kindergarten to doctors. Derogatory terms such as “r” word can consequence in extreme emotional pain and give the words negative meanings. The continuity of this word must end for it is changing the meaning of the word and affecting people with disabilities.